"An experimental study to assess the effevtiveness of information booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area."

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ABSTRACT

An experimental study to assess the effectiveness of Information Booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area. The research approach used was quantitative research approach. Total 60 samples are selected for the study. The research design selected for the study was pre- experimental one group pretest and post test design. The setting was selected school of urban area. The sample include high school girls, sampling technique was used non probability purposive sampling. The structured knowledge questionnaire was used to collect the data from sample. The pilot study was conducted with 6 samples. Reliability was established by split–half method. Data was analyzed by using descriptive and inferential statistics. According to finding and analysis of data shows that, the pretest average score was 11.41. with standard deviation of 4.89. The posttest average score was 18.78 with standard deviation of 3.89. The test statistics value of paired t test was 11.62 with p value 0.00. The p value less than 0.05, hence reject the null hypothesis. That means there is significant difference in pre and posttest knowledge.

Introduction

"It's important to talk about it. You raise awareness But you can also prevent it (child abuse) by not letting it to be a secret."
-Chris Witty

It is often stated that girls are the world's most valuable resources and assets, but their rights throughout the world are largely ignored often resulting into tragic outcomes. This is because of the vulnerability of girls. From infancy to adolescence, girls are dependent on parents for safety and ongoing nurturing and this puts them at risk of maltreatment in many forms. Adolescence age is a critical time to inspire and empower girls in the pivotal years. But when conflicts or crises displace adolescent girls from their homes, families and schools, they face heightened risks of exploitation, sexual and gender-based violence and early pregnancy. Their education is often disrupted, and many are forced into early marriage. Yet with the right skills and resources, adolescent girls can transform themselves, their families, their communities and their societies.[1]
The female children who are going to the school more suffer from sexual abuse. So all female children of this age group should be educated regarding how to prevent abuse on them and more

over encourage them to report any sexual harassment towards them. The education helps them to prevent sexual abuse towards them. The present study focused on the female children who are at the age group between 10-16 years. The researcher conducted this study because there are too many studies have been done on sexual abuse and its effects on different aspects, but limited in providing education to them how to prevent it/ The female children need to have adequate knowledge on types of abuses, personnel to whom they have to report the abuse and different ways to protect them from sexual abuse. Thus, we can prevent the sexual abuse against the female children, which helps to create healthy children for the development of healthy nation.[2]

India is second most populous country in the world and latest Census 2011 reveals that it's a home to 17% of the world's population. Nearly nineteen percent of the world's children live in India, which constitutes 42 percent (more than one third) of India's total population and around 50 percent of these children are in need of care and protection. (Mavi K. A. Ijbmas. in.. 2014) A total of 33,098 cases of sexual abuse in children were reported in the nation during the year 2011 when compared to 26,694 reported in 2010 which increased by 24%. A total of 7,112 cases of child rape were reported during 2011 as equated to 5,484 in 2010 depicting a growth by 29.7%. (Dr Kacker, 2007, Behere PB, 2013). India has the world's largest number of CSA cases: For every 155th minute a child, less than 16 years is raped, for every 13th hour child under 10, and one in every 10 children sexually abused at any point of time. (Childlineindia.org.in, 2015). Studies propose that over 7,200 children, including infants, are raped every year and it is believed that several cases go unreported. It is estimated by the government that 40% of India's children are susceptible to threats like being homeless, trafficking, drug abuse, forced labour, and crime[3].

Sexual harassment is a common and widespread phenomenon. More than a half of adolescents aged 16-19 have reported unwelcome and unpleasant sexual comments, jokes, gestures or physical contact. Girls tend to be victims of this pattern significantly more often. More than three quarters of them reported experience of any form of sexual harassment. Though, 18% of boys indicated experiencing sexual harassment, according to other studies, this tend to grow with time. Unlike previous researches, showing verbal sexual harassment being a major form of unwelcome sexual behavior, our research raised the hypothesis that the most common form of sexual harassment at the of 16 to 19 is nonverbal communication or sexual gestures. However, this form is most age common only when the victim is a girl, whereas boys tend to experience unpleasant verbal sexual behavior more often than sexual gestures.[4]

Sexual harassment is important to study because it not only carries social implications as a form of gender discrimination and sexual aggression but it also poses a serious public health concern for adolescent girls in the United States and worldwide. The detrimental effects of sexual harassment on mental health outcomes have been well-document. Adolescent girls who have experienced sexual harassment report higher rates of depression and anxiety. Several studies. have also documented significant associations between sexual harassment and substance use (ie., alcohol and drugs) among adolescent girls. However, many previous studies examining sexual harassment in relation to mental health and substance use have not focused on adolescent girls who may be at greatest risk, particularly those residing in low-income high-poverty communities. The prevalence may likely be greater in these communities and the implications on mental health and substance use may be more concerning, especially if the frequency of exposure is greater.[5]

Statement of the Problem:

"An experimental study to assess the effectiveness of information Booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area."

Objectives:
To assess the existing knowledge regarding sexual harassment among the high school girls.
To evaluate the effectiveness of information booklet on knowledge regarding sexual harassment among the high school girls.
To find out the significant association between knowledge score regarding sexual harassment among the high school girls with their selected demographic variable.

Scope
This study will helps to understand the effect of knowledge on sexual harassment among the high school girls.
This study will increase the knowledge about sexual harassment among the high school girls.
This study will create awareness about sexual harassment among the high school girls.
This study may open avenues further related studies in dept.

RESEARCH METHODOLOGY
Research Approach: Quantitative research approach**.**
Research design: Pre-Experimental One group pre-test and post-test research design
Setting of the Study: Selected School of urban area.
Population: High school girls.
Sample: High school girls in urban area.
Sample size: 60 high school girls
Sample size calculation: Sample size will be calculated by using this formula,

$$n = \frac{Z1^2 S^2}{d^2}$$

Sample Technique: non-probability convenient sampling technique.
Duration of the study: - Four weeks
Sampling criteria
Inclusion criteria:
High school girls who are:-
Studying in selected school of urban area only.
able to read, write and understand English and local language.
Aged between 13-15 years.
Willing to participate in present study.
Exclusive criteria:
High school girls who are-
Not available at the time of data collection.
Who are sick or hospitalized at the time of data collection.
Already attained the similar session before 6 months.

DATA INTERPRETATION AND ANALYSIS
SECTION I

This section deals with analysis of demographic data of study samples gave an idea about general characteristics of school children between age group of 13-17 at selected school, according to age of the school children at selected school, 31.43% children were of age 13 years, 38.57% children of age 14 years, 30% children of age 15 years and no one of them were of age 16 years. according to gender of the school children at selected school, 57.14% children were of males, 42.86% of them were of females and no one of them from another group. According to religion of the school children at selected school, 45.71% children were from Hindu religion, 4.29% of them from Christian religion, 31.43% from Muslim religion and 18.57% of children were from the other religions. according to family monthly income of the school children at selected school, 30% children answered as below Rs10000, 58.57% of them answered as 10000 – 20000Rs and 11.43% of children answered as above Rs20000 per month. according to type of family of the school children at selected school, 15.71% children were from the nuclear families, 80% from the joint families and 4.29% of children were from extended families. According to class of studying of the school children at selected school, 18.57% children were from the VII standard, 30% from the VIII standard, 11.43% from the IX standard and 40% of children were from X standard. According to source of information regarding sexual abuse among school children at selected school, 31.43% children answered from parents, 55.71% answered as media, 5.71% of them answered as health professionals and 7.14% of them answered as nil.

SECTION-II: - General assessments of Knowledge

For assessment purpose the total score of knowledge was divided in to three groups like poor (0-8 score), average (9-16 score) and good (17-25 score).

Pre-Test: At the time of pretest, assessment of knowledge regarding sexual harassment among the high school girls in selected school of urban area, 48.33% average knowledge, 38.33% of them had poor and 13.33% of them had good knowledge.

Average knowledge score at the time of pretest was 11.41 with standard deviation of 4.89. The minimum score of knowledge was 4 with maximum score of 22.

Post Test: At the time of posttest, assessment of knowledge regarding sexual harassment among the high school girls in selected school of urban area, 81.67% of them had good knowledge, 16.67% average knowledge and 1.67% of them had poor knowledge.

Average knowledge score at the time of posttest was 18.78 with standard deviation of 3.89. The minimum score of knowledge was 8 with maximum score of 25.

Table 1: General assessments of Knowledge- PRE-& POST test

Variable	Groups	Score	Pre-Test		Post Test	
			Frequency	Percentage	Frequency	Percentage
Knowledge	Poor	0-10	40	57.14	13	18.57
	Average	11-20.	24	34.29	36	51.43
	Good	21-30	6	8.57	21	30.00
Knowledge	Minimum		4		11	
	Maximum		24		28	
	Average (SD)		12.53 (4.60)		19.02 (3.61)	
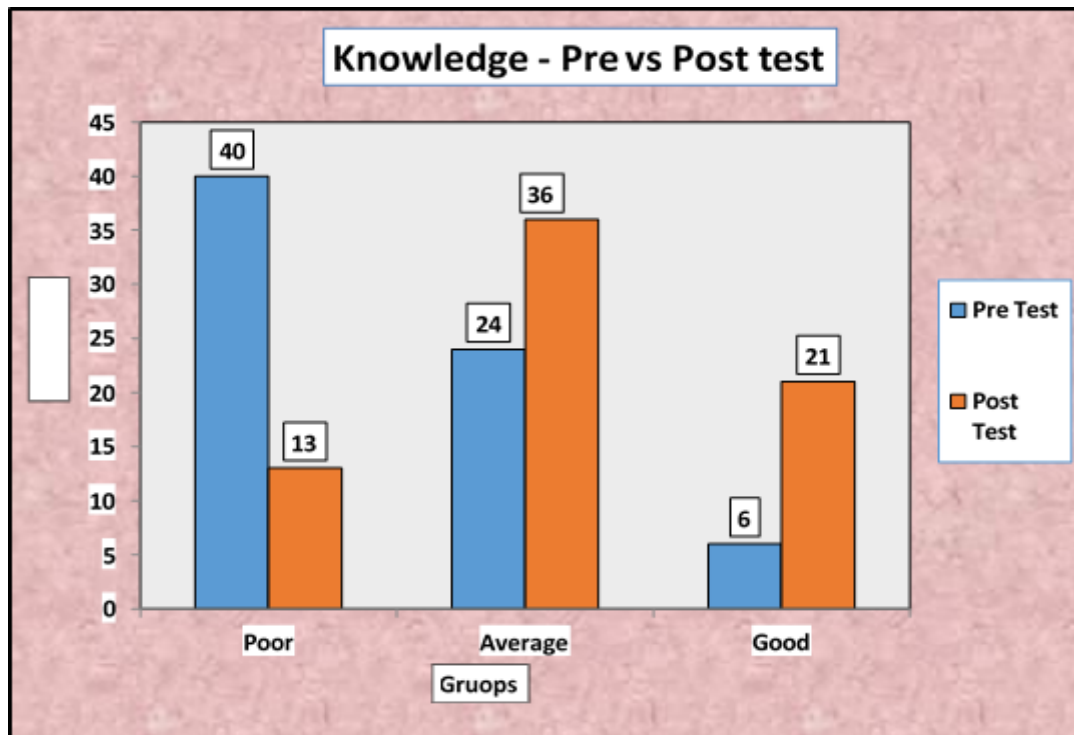
SECTION III: - Deals with analysis of data related to the effectiveness of information booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area.

Table 2: Comparison of the pre and post-test Knowledge (paired t-test)

Group	Frequency	Mean	S.D.	t value	P value
Pre-Test	70	10.84	4.73	15.05	0.000
Post Test	70	18.51	5.92		
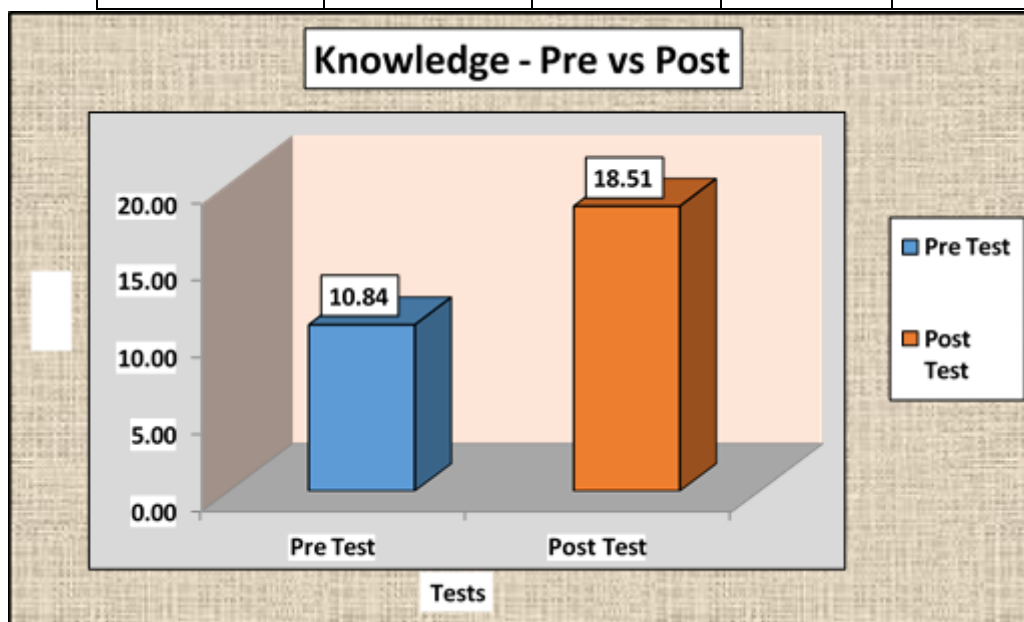
SECTION IV: Deals with analysis of data related to the association between knowledge score regarding sexual harassment among high school girls with their selected demographic variables.

Table 3: Association of Knowledge score with selected demographic variables

Variable	Groups	Knowledge		Chi Square	d.f.	p value	Significance
		below Md	bove md				
Age (in years)	13	15	7	7.82	2	**0.020**	**Significant**
	14	8	19				
	15	12	9				
	16	0	0				
Gender	Male	18	22	0.93	1	0.33	Not Significant
	Female	17	13				
	Other	0	0				
Religion	Hindu	16	16	10.87	3	**0.012**	**Significant**
	Christian	0	3				
	Muslim	8	14				
	Others	11	2				
Family monthly income (in rupees)	< 10,000	12	9	0.95	2	0.62	Not Significant
	10,000 - 20,000	20	21				
	> 20,000	3	5				
Type of family	Nuclear	8	3	6.42	2	**0.040**	**Significant**
	Joint	24	32				
	Extended	3	0				
Class of studying	VII standard	6	7	0.77	3	0.86	Not Significant
	VIII standard	11	10				
	IX standard	5	3				
	X standard	13	15				
Source of information	Parent	11	11	2.03	3	0.57	Not Significant
	Media	21	18				
	Health professionals	2	2				
	Nil	1	4				

MAJOR FINDINGS OF THE STUDY
SECTION –I: - DEMOGRAPHIC VARIABLES

In the study, according to age of the high school girls in selected school of urban area, 11.67% of them were of age 13 years, 46.67% of age 14 years and 41.67% of girls were 15 years of age. According to religion of the high school girls in selected school of urban area, 43.33% of them were from Hindu religion, 26.67% from the Muslim religion, 13.33% from Christian religion and 16.67% of mothers were from other religion.

In the study, according to class of the high school girls in selected school of urban area, no one of them were from 6th standard, no one them were from 7th standard, 46.67% of them were from 8th standard, 40% of them were from 9th standard and 13.33% of girls were from 10th standard.

According to occupation of mother of the high school girls in selected school of urban area, 66.67% of them answered as homemaker, 25% were farmers, no one had own business, 8.33% mother were in private service and no one were in government service.

According to occupation of father of high school girls in selected school of urban area, 38.33% of them answered as private job, 60% were farmers, no one of them answered student, 1.67% had own business and no one were in government service.

In the study, according to monthly family income of the high school girls in selected school of urban area, 11.67% of them answered as less than Rs.5000, 53.33% answered as Rs.5001-10,000, 31.67% in Rs.10,001 - 20,000 and 3.33% of them had income more than Rs 20,000.

According to type of family of the high school girls in selected school of urban area, 66.67% of them were from nuclear families, 26.67% from the joint families and 6.67% of girls were from extended families.

According to sources of previous knowledge / information regarding sexual harassment of the high school girls in selected school of urban area, 13.33% of them answered as mass media, 3.33% from health workers, 5% from peer groups, 30% from family and relatives and 48.33% of girls had no information

SECTION-II: GENERAL ASSESSMENTS OF KNOWLEDGE- PRE & POST TEST
Pre-Test:
At the time of pretest, assessment of knowledge regarding sexual harassment among the high school girls in selected school of urban area, 38.33% of them had poor, 48.33% average knowledge and 13.33% of them had good knowledge. Average knowledge score at the time of pretest was 11.41 with standard deviation of 4.89. The minimum score of knowledge was 4 with maximum score of 22.

Post Test:
At the time of posttest, assessment of knowledge regarding sexual harassment among the high school girls in selected school of urban area, 1.67% of them had poor, 16.67% average knowledge and 81.67% of them had good knowledge. Average knowledge score at the time of posttest was 18.78 with standard deviation of 3.89. The minimum score of knowledge was 8 with maximum score of 25.

SECTION-III: Comparison of the pre and posttest Knowledge
The comparisons of pretest and posttest means of knowledge regarding sexual harassment among the high school girls in selected school of urban area were done by paired t test.
The test was conducted at 5% level of significance.
The pretest average score was 11.41 with standard deviation of 4.89. The posttest average score was 18.78 with standard deviation of 3.89. The test statistics value of paired t test was 11.62 with p value 0.00.
The p value less than 0.05, hence reject null hypothesis that means there is significant difference in pre and posttest knowledge.

Shows that, information booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area was effective.

SECTION IV: - ASSOCIATION OF KNOWLEDGE SCORE IN RELATION TO DEMOGRAPHIC VARIABLES - PRE-TEST

The chi square test was used to see association between knowledge score regarding sexual harassment among the high school girls in selected school of urban area with their selected demographic variables.

The test was conducted at 5% level of significance.

Significant Association: For the demographic variables, age, class, occupation of father and type of family, the p value of association test with pre knowledge was less than 0.05. That means, knowledge regarding sexual harassment among high school girls in selected school of urban area was associated with these demographic variables.

Concludes that, there was significant association of these demographic variables with the pretest knowledge including age, class, occupation of father, type of family.

No Significant Association: For the demographic variables religion, occupation of mother, monthly family income and source of information, the p value of association test with pre knowledge was more than 0.05. That means, knowledge regarding sexual harassment among high school girls in selected school of urban area was not associated with these demographic variables.

Concludes that, there was no significant association of these demographic variables with the pretest knowledge including religion, occupation of mother, monthly family income, sources of previous knowledge.

DISCUSSION

The findings of the study have been discussed with reference to the objectives. As per the findings of the study it provides the description related to demographic variable, which shows majority of high School girls were between the age of 13 to 15 years.

In this study the investigator assess the effectiveness of information booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area. As per the analysis of data, the comparisons of pretest and posttest means of knowledge regarding sexual harassment among the high school girls in selected school of urban area were done by paired t test. The test was conducted at 5% level of significance.

The pretest average score was 11.41 with standard deviation of 4.89. The posttest average score was 18.78 with standard deviation of 3.89.

The test statistics value of paired t test was 11.62 with p value 0.00. The p value less than 0.05, hence reject the null hypothesis. That means there is significant difference in pre and posttest knowledge.

Shows that, information booklet on knowledge regarding sexual harassment among the high school girls in selected school of urban area was effective, it means H1 hypothesis is accepted in present study.

The finding of the current study are congruent with the finding of the study conducted by Neelam (2022).

A study to assess the effectiveness of Planned Teaching Programme on knowledge and attitude regarding safety measures against sexual Harassment among adolescent girls in selected school at Dehradun, Uttarakhand.

A pre-experimental study was carried out to evaluate the effectiveness of planned teaching programme on knowledge and attitude regarding safety measures against

sexual harassment among adolescent girls. A pre- experimental one group per test post- test design was used to evaluate the effectiveness of planned teaching programme. The sample consists of 80 adolescent girls of Government girls inter college Dehradun, Uttarakhand. Consecutive sampling technique was used for the selection of samples. The data was collected through self-structured questionnaire. Result shows the major findings indicated that 90% were having average knowledge while only 3.75% were having adequate knowledge regarding safety measures against sexual harassment. The data also suggested that 17.5% girls were having negative attitude, while merely 21.25% girls were holding positive attitude towards safety measure against sexual harassment. Structured teaching programme is found to be very effective method to improve knowledge regarding safety measures against sexual harassment but there is little difference in change in attitude towards the safety measure against sexual harassment. The mean post-test level of knowledge was significantly higher than the mean pre-test knowledge score that is 12.11 in pre-test and 17.42 in post- test with paired "t" =14.85, which was significant at $p<0.05$ level. The mean pre-test attitude score was 28.86 and post test score is 30.15 with paired "t" = 2.19 at P= 0.05 significance. On finding the association of knowledge and attitude with their demographic variable, there was no association estimated by yates corelation and chi square test. On the basis of findings, it is recommended that a similar study may be replicated using a large number of participants. More intervention studies should be carried out for improving the knowledge and attitude regarding safety measures against sexual harassment.

LIMITATIONS
This study is limited to the high school girls.
This study will be limited 60 high school girls in urban area.
This study will be limited to urban area.
The study will be limited to high school girls who read, write, and understand local language (Marathi).
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IMPLICATIONS OF THE STUDY
Nursing Practice
Nursing service has directs significant impact on human health. The expanded role of the professional nurse emphasizes those activities which promote health and preventive measures among peoples. Nurses must educate the primary school children on common physical or

emotional illness occurs due to by worm infestation, organizing health education session and by individual health education. Nurses have to develop instructional module to educate primary school children. Student nurses can be posted in school health clinics to obtain skills in meeting the needs of the client by providing care and management.

Nursing Education
Nurse educator has to pay more attention on training of nursing students regarding causes and prevention of worm infestation. So that they can impart appropriate knowledge to teachers.
More emphasis has to be placed in the curriculum on preventive and promotive health aspects of school Nurses can be motivated to organize school health programmes to enhance the knowledge of school teachers and teacher trainees regarding causes and prevention of worm infestation.
Encourage the student nurse to participate actively in health awareness in school health in awareness campaign.

Nursing Administration
Nursing administrators should take interest in motivating the nursing personnel's especially community health nurse. Nurse administrative has to plan and organize training programme for the nursing personnel on preventive and control measure on physical and emotional health problems in school children. Nurse administrator has to organize educational programs in the schools and community settings. Necessary administrative support has to be provided to conduct workshops in school campus with appropriate A.V. aids, Mass media, posters and role-plays, drama and puppet show.

Nursing Research
Nursing depends upon the selection systematic application and evaluation of knowledge from basic sciences. The present study will help:
As the school children are more prone for worm infestation so it is important to educate primary school children about the identifying worm infestation. The findings of the present study is helpful for the nursing professionals and nursing students to conduct further studies to find out the effectiveness of various methods of providing education on improving the knowledge among nurses and teachers. It will in turn strengthen nursing research pertaining to the pediatric nursing. To undertake more researches in this area to determine the existing knowledge in primary school children regarding causes and prevention of worm infestation to identify needs and bring more awareness.

CONCLUSION
The focus of this study was to evaluate the effectiveness of Video Assisted Teaching on child sexual abuse among school aged children. A pre-experimental one group pre- test post-test research design was used in the study the data was collected from 70 samples through non-probability convenient sampling technique.
Conclusions drawn from the study were as follows:
Primary school children willingly participated in the study. The school children 18.57% of them had poor knowledge, 51.43% had average knowledge and 30% of them had good knowledge regarding sexual abuse among the school children.

Average knowledge score at the time of post-test was 18.51 with standard deviation of 5.92. The minimum score of knowledge was 8 with maximum score of 30.

The study was based on the Peplau' s interpersonal relationship Theory. It provides a comprehensive systematic framework for evaluate the effectiveness of video assisted teaching to enhance knowledge of school children regarding sexual abuse. In this study after intervention (video assisted teaching) children get adequate knowledge regarding sexual abuse, so it proves that, H1 is accepted.

RECOMMENDATIONS

On completion of the study based on findings and keeping the limitations in view, the following recommendations are offered for further research.

A similar study can be conducted on larger sample for wider generalizations.

A similar study can be conducted on large sample conducted on effectiveness of information booklet on knowledge of high school girls regarding sexual harassment.

A comparative study can be undertaken to assess the knowledge of high school girl in private and Government institute regarding sexual harassment.

A descriptive study can be carried out to assess the knowledge and attitude of high school girls regarding sexual harassment.

A comparative study can be carried out to assess the knowledge level of high school girls in urban and rural areas regarding sexual harassment.

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